



Heritage Center

The Heritage Center is 55+

April 2014 Supplement

Heritage Center
#10 E. 6150 S.
801-264-2635
www.murray.utah.gov

Program Reminders

Classes—Medicare April 8 at 10:30. Beginning Ceramic Class April 10 at 10:00 \$13. Smart Driving Class April 28 at 9:30. Climbing the Peaks April 29 at 10:30.

Exercise Classes—something everyday.

Jam Session—April 10 at 3:30.

Attorney Consultations—April 9 at 11:00. Appointment needed.

Health Services—Free Blood Pressure/Glucose April 3 & 16 at 11:00. Toenails April 17 at 9:30, cost is \$10.

Trips—Wendover April 10 at 8:30, \$17. HAFB Aerospace & Hive Winery April 15 at 10:00, \$5. Tulip Festival April 24 at 12:30, \$14.

Massages—Friday.

Barbershop—Tuesday.

Computer—Lab & classes available.

Mother's Day Tea — Tickets on Sale April 15

The annual Mother's Day High Tea will be held on **Tuesday, May 6 from 11:30 – 1:00**. The cost is \$6.50 per person and tickets go on sale starting April 15. Choose where you'd like to sit for this "family" style meal. Plates of food will be brought out to your table and will include bite size tastes of cucumber, chicken, and egg salad sandwiches on a variety of breads, spinach artichoke phyllo cups, stuffed mushrooms, scones, fruit, lemon bars and lots of tea to sample. Bring your favorite tea cup. Get a group of friends together and reserve your table starting April 15. Payment must be made at the time you make the reservation.



Car Safety

On **Friday, April 11 at 10:30** a representative from Murray City's Fleet Maintenance Department will be at the Center. Come learn what services you need to have done on a regular basis to keep your vehicle running smoothly. Learn what you should look for, what you can do to keep your vehicle ready when you need it, and find out what tools you need so you can check your vehicle.

Planning on taking a road trip soon? Or even a short trip across town? Before you do so, you should check your car to make sure that it is in good condition and running smooth. This will help you to drive safe and avoid any breakdowns or mechanical issues. Then you'll be free to just roll down the windows, turn on the radio and enjoy the open road! This is a free class, sign up now.

Senior Safety

On **Tuesday, April 15 at 10:30** a representative from Murray City's Police Department will be at the Center to present a class called **Safe and Secure in Your Home**.

Do you know how to make your home safe from burglary? You can protect your family, home and other possessions with only a small investment of time and money. Most burglars will spend no longer than 60 seconds trying to break into a home.

Some of the topics this class will cover include: Protecting the Outside of Your Home, House Numbers, Fences, Lighting, Landscaping, Windows and Sliding Doors. This class will also include tips for Securing Your Home. This is a free class, sign up now. There will be time for Q&A. Don't miss this class!



Heritage Center Events

Heritage
Center

#10 E. 6150 S.

(West of State)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

We are here to
serve you

Monday-Friday

8:00-4:30 and

Thursday until

10:00 PM

Monday		Tuesday	
		8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 2:00 Beginning Line Dancing	1
8:30 Rose Park Golf 9:00 NIA 9:00 Computer Help 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie 2:00 Strength Conditioning	7	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 10:30 Medicare Class 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 2:00 Beginning Line Dancing	8
9:00 NIA 9:00 Computer Help 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie 2:00 Strength Conditioning	14	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:00 Hill Aerospace & Winery 10:30 Tai Chi 10:30 Senior Safety 11:00 Canasta 11:30-12:30 Lunch 12:45 Crafts 2:00 Beginning Line Dancing	15
9:00 NIA 9:00 Computer Help 9:00 The Ridge Golf 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie 2:00 Strength Conditioning	21	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 10:30 Vital Aging Program 11:00 Canasta 11:30-12:30 Lunch 12:45 Crafts 2:00 Beginning Line Dancing	22
9:00 NIA 9:00 Computer Help 9:30 AARP Smart Driver Course 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie 2:00 Strength Conditioning	28	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 10:30 Climbing the Peaks 11:00 Canasta 11:30-12:30 Lunch 12:45 Crafts 2:00 Beginning Line Dancing	29

Wednesday	Thursday	Friday
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Birthday Lunch 12:30 Taxes 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Stretch & Tone 10:00 Savvy Saving Seniors 10:30 Tai Chi 11:00 Blood Pressure/Glucose 11:30-12:30 Lunch 12:30 Game Day / Exercise Help 12:45 Happy Hats 1:00 Square Dance / Computer 2:00 Strength Conditioning 7:00 Dance	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:00 Attorney Consultations 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Taxes 12:45 Bingo 1:00 Bridge	8:30 Ceramics / Wendover 9:00 Stretch & Tone 10:00 Beginning Ceramic Class 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day 1:00 Square Dancing 1:00 Computer Help 2:00 Strength Conditioning 3:30 Jam Session 7:00 Dance / Ute RC	9:00 Zumba 10:00 Yoga 10:30 Car Safety 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Special Spring Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:00 Blood Pressure /Glucose 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Stretch & Tone 9:30 Toenail Clipping 10:00 Beginning Ceramics 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day 12:45 Happy Hats 1:00 Square Dance /Computer 2:00 Strength Conditioning 7:00 Dance	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Stretch & Tone 10:00 Beginning Ceramics 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day 12:30 Tulip Festival 1:00 Square Dance /Computer 2:00 Strength Conditioning 7:00 Dance	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	<div>Can you help? The Center is looking for a volunteer to make a few grow boxes to plant herbs & vegetables. See Susan</div>	

Are you Fit to a T?

Do you know your...
Blood pressure?
Cholesterol level?
Weight?

T-score?



Fit to a T

The Center is pleased to announce that Fit to a T will be offered on **Tuesday, May 13 at 10:30**. Fit to a T is a public educational program on bone health and osteoporosis. Developed by members of the U.S. Bone and Joint Initiative (USBJI) in response to the Surgeon General's first ever report on bone health and osteoporosis.

Come to this free program to learn how the T-score measures bone density and estimates the risk of breaking a bone. Relevant to both men and women, seniors and others. The goal is teaching people the necessary steps to prevent or slow down bone disease before they break a bone. In addition, this program teaches people about making lifestyle changes if they have had a broken bone and helps decrease their risk of another fracture. This is a free class, sign up now.

Savvy Saving Seniors

April is Financial Literacy Month and the Heritage Center will present a new Savvy Saving Seniors Class on **Thursday, April 3 at 10:00**. Sign up now.

Golf Tournaments

April 7 — 8:30 Rose Park — \$50 (includes \$7 yearly fee)

April 21 — 9:00 The Ridge — \$43

May 5 — 8:00 Glenmoor — \$39

May 19 — 8:00 Murray Parkway — \$40



Tuacahn & Mesquite

Register now for our annual Tuacahn trip **June 9-11**. The play this year is "The Wizard of Oz". Deposit is \$50 per person. Final balance due on Friday, May 9. Cost is \$230 per person (double occupancy) or \$265 (single room). Details on page 15 of the March-April newsletter.

Spring Bingo

Friday, April 11—12:45

Mystery Prize Awarded!

Bring a new friend to bingo during March/April and get entered in the drawing.

Buy raffle tickets for a baby afghan — \$1 each - no limit

Vital Aging Program

On **Tuesday, April 22 at 10:30** the Vital Aging Program, a Salt Lake County Aging Service and Valley Mental Health Initiative, will be at the Center to present: **Pathways to Cope with Grief and Loss**. How each individual responds to losses in life is unique and influenced according to the person's culture and family as well as life stressors. Come explore, learn to process your emotions, and learn ways to reinvent life and relationships by understanding the grieving process. This is the second class in this series. A licensed mental therapist from Valley Mental Health will present a new class each month throughout 2014. Sign up now, this is a free class.

National Senior Health & Fitness Day - Wednesday, May 28

The Center will be celebrating the National Health & Fitness Day on **Wednesday, May 28 from 9:00 to 12:00**. The morning will be filled with free screenings and vendors. Lunch will be provided by Select Health so please save the date. Look for more information in May's newsletter.